

Pilates with Bands

Take your Fitness to
the Next Level.....



With Pilates you can expect to lose weight and inches, tone up, increase mobility and flexibility, improve balance and coordination, decrease back pain and stiffness, improve your posture, achieve a flatter stomach, enhance body alignment, gain body awareness, improve focus, stimulate the mind and de-stress the body and mind.

Exercise bands add a level of resistance to improve muscle tone, range of motion, and flexibility.

October 28, 2013 to December 23, 2013

(There will be a one week break)

No class on Monday, November 11, 2013 (Veterans' Day)

Sessions will be held twice a week on Monday and Wednesday from 12:15 pm – 1:00 pm.

(16) classes in the Lake County Administration Assembly Room.

All fitness levels welcome. Cost is \$48 based on 10 people.

Please call Kathy Russo at ext. 2979 to sign up by **Thursday, October 10, 2013.**